

**BASEBALL ACADEMY  
WINTER PROGRAMS  
AGES 10-18  
205-681-7964**

**TOTAL BASEBALL TRAINING**

\*10 Weeks

\*Start November 6 – January 22 (OFF Thanksgiving, Christmas, New Year)

\*Once a week – 1 hour 30 minute sessions

\*Hitting - Contact-Balance-Power

\*Pitching - Velocity-Command-Arm Care

\*Baseball Specific - Strength-Conditioning

\*Times - Sunday 1:00-2:30 / 3:00-5:30 (Call to reserve a time slot)

\*Fee - \$350.00

**SPEED / AGILITY / POWER**

\*10 Weeks

\*Start November 8 – January 19 (OFF Thanksgiving)

\*Twice a week - Tuesday & Thursday

\*Times - 7:30

\*Fee - \$350.00

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**RELEASE AND ENDEMNITY AGREEMENT:**

I hereby give consent for my child to participate in activities at The Baseball Academy and Competitive Sports Training. I understand that injuries can occur during participation in a sport such as baseball. I hereby release and agree to hold The Baseball Academy and Competitive Sports Training harmless. The Baseball Academy and Competitive Sports Training, their respective agents and employees, of any liability, claims, demands, injuries, or causes of actions which may arise by virtue of an omission of acts, negligible or otherwise. A parent must sign this form if the child is under the age of 18 years.

**PARENT:** \_\_\_\_\_ **DATE:** \_\_\_\_\_